



**Let's Move! Columbia
Co-Chair
The Honorable
DeAndrea Gist
Benjamin**



**Let's Move! Columbia
Co-Chair
Councilwoman At-Large
Tameika Isaac
Devine**

A MESSAGE FROM THE CO-CHAIRS

Happy Healthy Holidays!

The holiday season is here, but you can still find ways to stay healthy during this time of the year. Here are a few tips for you and your family:

- **Make foods look festive.** Cut vegetables into new shapes, decorate plates with colorful, eye-catching fruits, or add a sprinkle of sliced almonds or green onions to brighten a plain dish.
- **Offer thirst quenchers that please.** Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of fruit sorbet to seltzer water.
- **Make moving part of every event.** Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering. Take a group walk around the neighborhood after eating, instead of going straight to the couch!
- **Try out some healthier recipes.** Find ways to cut back on sugar, salt, and fat as you prepare your favorite holiday recipes. Offer naturally sweet fruit instead of multiple desserts, and try seasoning with fresh or dried herbs to add flavor to your meal.
- **Keep it simple.** Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving. Remember to focus on being healthy and happy—keep the stress low!

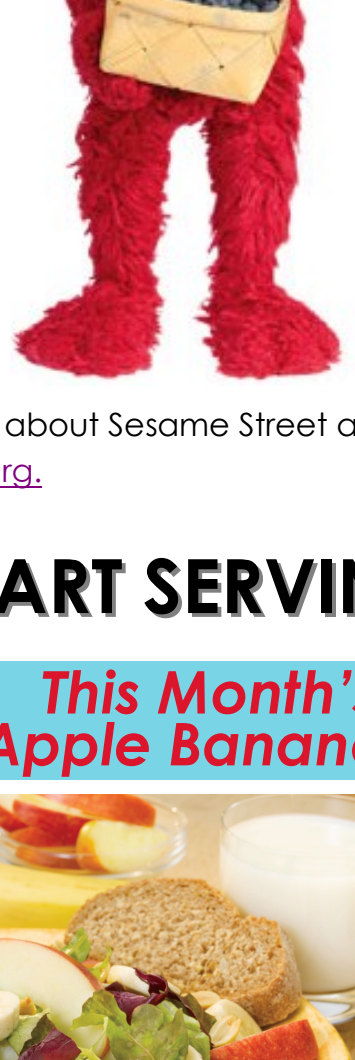
Enjoy the holidays, plan a time for activity and incorporate healthy recipes into your holiday meals. We hope everyone enjoys the holiday season!

For more healthy holiday tips visit www.letsmove.gov.

Let's Move! News

Sesame Street Characters joined the First Lady to Announce a Commitment to Promote Fresh Fruit and Vegetable Consumption to Kids

First Lady Michelle Obama was joined by Sesame Street's Elmo and Rosita to announce that Sesame Workshop and the Produce Marketing Association (PMA) joined the Partnership for a Healthier America (PHA) in a two-year agreement to help promote fresh fruit and vegetable consumption to kids, making those healthy choices a little easier for busy parents and families to make. The agreement allows PMA's community of growers, suppliers and retailers to utilize the strength and influence of the Sesame Street brand without a licensing fee, using characters like Big Bird, Elmo, Rosita and Abby Cadabby to help deliver messages about fresh fruits and vegetables. Sesame Street characters may be on produce in stores as early as mid-2014.



To find out more about Sesame Street and the Produce Marketing Association please visit www.letsmove.org.

SMART SERVINGS FOR STUDENTS

This Month's Featured Recipe: Apple Banana Salad With Peanuts



Ingredients

- 12 oz lettuce mix
- 2 ripe bananas
- 14 oz sliced apples, prepackaged or 2 1/2 apples, sliced
- 3/4 cup unsalted dry roasted
- Peanuts

Dressing

- 1/4 cup plain low-fat yogurt
- 2 tbsp fat-reduced mayonnaise
- 1 tbsp honey
- 2 tsp paprika

Preparation

1. Whisk together dressing ingredients.
2. Slice bananas.
3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Tips on how to select and store:

- Choose bananas that are slightly green on the stem and tip. They should be firm, without bruises.
- Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

Many healthy choice recipes can be found by visiting www.choosemyplate.org.

HEALTHY CELEBRATIONS

10 Tips for Healthy Celebrations

10 tips Nutrition Education Series

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

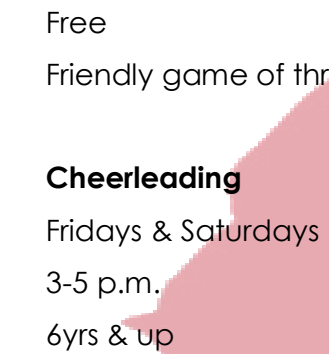
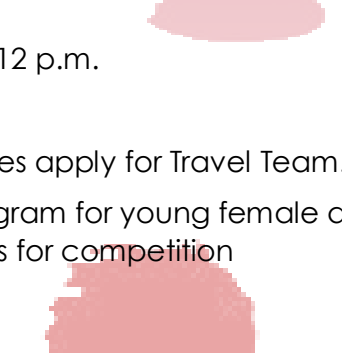
Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



Go to www.ChooseMyPlate.gov/lday/celebrate.aspx for more information.

DG TipSheet No. 20
May 2012
USDA is an equal opportunity provider and employer.

CITY PROGRAMS/ACTIVITIES

DECEMBER 2013

Greenview Park

6700 David Street · Phone: 803-754-5223

Zumba

Mondays
6:30 p.m. - 7:30 p.m.
Ages 10 & up
Free
It's a Zumba party every Monday.
Come dance away the pounds with Carla!

Line Dance

Wednesdays
6:30 p.m. - 7:30 p.m.
Ages 10 & up
Learn new line dances, and get a good workout all at the same time with Erica.

Junior Fun League

Fridays
3 - 4 p.m.
Ages 6-14
Free
This a fun day with the kids teaching them new games to play

Weight Lifting

Saturdays
11 a.m. -12 p.m.
Ages 14-17
Free
Come out and learn the proper way of lifting

Senior Walking Club

Monday-Wednesday- Friday
9 - 10 a.m.
Ages 50 +
Free
Come walk your way to better health, make new friends, and start your day off right.

Senior Fitness Program

Monday-Wednesday-Friday
10 a.m.-12 p.m.
Ages 50 and up
Free
Chair and mat exercise for a healthier you.

Basketball Practice

Tuesdays & Thursdays
6 - 8 p.m.
Ages 10-13
Free
Players will learn the fundamentals and different techniques of basketball.

Aerobics

Tuesdays and Thursdays
6:30 p.m. - 7:30 p.m.
Ages: 18 & up
If you want to get fit and have fun all at the same, Ms. Cynthia's class is where you should be!

Pool Tournament

2nd Tuesday of every month
4 - 6 p.m.
Ages 16-Up
Free
Come to the Pool Tournament at Greenview bring your A game to the table.

Hyatt Park

950 Jackson Avenue · Phone: 803-733-8445

Teen Zumba Class

Wednesdays
6 - 6:45 p.m.
Ages 12-17
Free
Teens - Looking for something new and fun that doesn't feel like exercise....give ZUMBA a try.

Tomorrow Is Promise After-School Program

Now-May 31, 2014
Mondays - Fridays
2:30 p.m. - 5:45 p.m.
Ages 5-14
Free
Limited to 25 participants
This class is designed to improve mobility and muscle strength and increase range of motion!

Lorick Park

1600 Lorick Avenue · Phone: 803-691-9339

Three Point Shoot Out

Saturdays
12 - 1:30 p.m.
All ages
Free
Friendly game of three point competition

Cheerleading

Fridays & Saturdays
3-5 p.m.
6yrs & up
Free
Come out and cheer for Lorick park teams

Old School Ballers

Sundays
2 -5 p.m.
17 & up
Free
Come out to play full court basketball

Dance Team

Tuesdays & Thursdays
5-7 p.m.
15 & under
Free
Participants can showcase their latest dance moves

Martin Luther King Park

2300 Greene Street · Phone: 803-733-8452

Kids Basic Boxing Class

Mondays
6 - 7 p.m.
Children ages 6-12
Free
Ever had on a pair of boxing gloves? Well now is the time. Coach Joel will provide instructions on the basic fundamentals of boxing.

SC Starlings Volleyball Club

Tuesdays, Thursdays
6:30 p.m.-8:30 p.m.
Saturdays 10 a.m. - 12 p.m.
Ages 5-18
Instruction is free. Fees apply for Travel Team. Developmental program for young female athletes to increase skills for competition

Zumba Class

Tuesdays
6:15 p.m. - 7:15 p.m.
\$4 per class
All Ages
Looking for something new and fun that doesn't feel like exercise....give ZUMBA a try!

Aerobic Expression

Tuesdays & Thursdays
5 - 5:45 p.m.
All Ages
Free
Getting that heart and body in the best shape for "survival of the fittest"

"Arthritis" Exercise Class

Mondays & Wednesdays
10:30 a.m. - 11:30 a.m.
All ages welcome
Free
This class is designed to improve mobility and muscle strength and increase range of motion!

Double Dutch Forces

Thursdays-Sundays
6 p.m. (weekdays) 4:30 p.m. (weekends)
All ages welcome
Teaching fundamental jump roping to compete with the world's finest jumpers!

Pinehurst Park

2300 Schoolhouse Road · Phone: 803-733-8449

Pinehurst Bodyweight work-outs

Monday's and Wednesday's
6:30 p.m. -7:30 p.m.
Age 6+
Cardio, sculpt and strength training. The program includes floor exercises

Table Tennis

Every Wednesday
6:30 p.m.- 8:30 p.m.
Ages 14 & Up
Free
Learn the basics of one of world's oldest games. Challenge the best in the area for bragging rights.

300 Shoot Out

Every Tuesday's
4:30 p.m. -5:30 p.m.
Age 6+
Completive score game that will determine who is the greater three point shooter.

NOVEMBER PHOTO GALLERY

Columbia Featured at the National Let's Move! Conference



Councilwoman Tameika Isaac Devine is pictured above representing Columbia at the National Let's Move! Conference on Thursday, November 14. The accomplishments Columbia has made include having one of the highest over-all medal achievements for Let's Move! In addition, Columbia earned four gold medals in Goals I, II, IV, and V, and a silver medal in Goal III. The National League of Cities recognized Columbia for completion of key health and wellness goals for LMCTC.

Let's Move! Columbia Partners

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|---------------------------------------|--|
| Bicycle Pedestrian Advisory Committee | Richland County School District One |
| City Roots | Richland County Community Development Department |
| Eau Claire Promise Zone | Corporation for Economic Opportunity |
| Palmetto Health | Eat Smart, Move More Richland County |
| North Columbia Business Association | |
| Richland County First Steps | |